

NEWLETTER

First Presbyterian Church of Croswell

Practicing gratitude can be a game-changer: It has far reaching effects, from improving our mental health to giving a boost to our relationships with others. Living our life with gratitude helps you notice the little wins—like a stranger holding the door for you, or the sun shining through your window when you wake up in the morning. Each of these small

Gratitude
is not only
the greatest of virtues,
but the parent of all the others.
- Cicero

moments strings together to create a web of well-being that, over time, strengthens your ability to notice the good.

Start by observing. Notice the “thank yous” you say. Just how much of a habitual response is it? Is it a hasty aside, an afterthought? How are you feeling when you express thanks in small transactions? Stressed, uptight, a little absent-minded? Do a quick scan of your body—are you already physically moving on to your next interaction?

Pick one interaction a day. When your instinct to say “thanks” arises, stop for a moment and take note. Can you name what you feel grateful for, even beyond the gesture that’s been extended? Then say thank you.

There are two key components of practicing gratitude: We affirm the good things we’ve received, & we acknowledge the role other people play in providing our lives with goodness.

Most of us know it’s important to express thanks to the people who help us, or silently acknowledge the things we are grateful for in life. Research has linked gratitude with a wide range of benefits, including strengthening your immune system and improving sleep patterns, feeling optimistic and experiencing more joy and pleasure, being more helpful and generous, and feeling less lonely and isolated.

Let’s all try this month, November, to practice gratitude. What are we thankful for?

Let’s talk about it.

Leigh



Prayer Requests & Thank You's



AP

NOVEMBER SCRIPTURE READINGS

All Saints' Day—November 1

Isaiah 25:6–9

Psalms 24:1–10

Revelation 21:1–6a

John 11:32–44

Sunday, November 7

Ruth 3:1–5, 4:13–17 OR 1 Kings 17:8–16

Psalms 127 OR Psalm 146

Hebrews 9:24–28

Mark 12:38–44

Sunday, November 14

1 Samuel 1:4–20 OR Daniel 12:1–3

1 Samuel 2:1–10 OR Psalm 16

Hebrews 10:11–25

Mark 13:1–8

Christ the King Sunday, November 21

2 Samuel 23:1–7 OR Daniel 7:9–10, 13–14

Psalms 132:1–12 (13–18) OR Psalm 93

Revelation 1:4b–8

John 18:33–37

First Sunday of Advent—November 28

Jeremiah 33:14–16

Psalms 25:1–10

1 Thessalonians 3:9–13

Luke 21:25–36

Thank You

Shout out to all who helped with clean up, and transferring of supplies from attic to Frostick room. Great Job.

A big thank you to all the many people who participated in the Holiday Craft and Bake Sale and to those who helped with set-up and take down.

If you are interested in joining the Presbyterian Prayer Chain, OR if you are currently a member and need to step down, please contact Barb at the Church (679-3352) Mon-Thurs between 9-12 p.m., or Diane Black or Christie Brown. Remember: "The prayer of the righteous is powerful and effective: (James 5:16).



SPECIAL DAYS IN NOVEMBER

NOV. 1

All Saint's Day
Dios Los Muertos
National Author's Day
World Vegan Day

NOV. 2

All Soul's Day
Deviled Egg Day
Look for Circles Day
Plan Your Epitaph Day
U.S. General Election Day

NOV 3

Cliché Day
Housewife's Day
Sandwich Day

NOV. 4

King Tut Day
Check Your Blood Pressure Day
Hindu Diwali Day
Men Make Dinner Day
Use Your Common Sense Day

NOV. 5

Gunpowder Day
Guy Fawkes Day

NOV. 6

Book Lovers Day
Marooned without a Compass Day
National Nacho Day
Saxophone Day

NOV. 7

Bittersweet Chocolate with Almonds Day\

NOV. 8

Cook Something Bold Day
Dunce Day

NOV. 9

Chaos Never Dies Day
World Freedom Day
Young Readers Day

NOV. 10

Forget Me Not Day
USMC Day

NOV. 11

Veteran's Day
World Origami Day

NOV. 12

Chicken Soup for the Soul Day
World Pneumonia Day

NOV. 13

Caregiver Appreciation Day
National Indian Pudding Day
Sadie Hawkins Day
World Kindness Day

NOV.14

Operating Room Nurse Day
World Diabetes Day

NOV. 15

American Recycles Day
Lean Your Refrigerator Day
National Philanthropy Day

NOV. 16

Button Day
Have a Party With Your Bear Day
International Tolerance Day
National Fast Food Day

NOV. 17

Electronic Greeting Card Day
Homemade Bread Day
Take A Hike Day
World Peace Day

NOV. 18

Great American Smoke out
Occult Day

NOV. 19

Have a Bad Day Day

NOV.20

Absurdity Day
Beautiful Day
National Adoption Day
Universal Children's Day

NOV. 21

False Confession Day
World Hello Day

NOV. 22

Go For A Ride Day

NOV. 23

Eat a Cranberry Day
National Cashew Day
National Espresso Day

NOV. 24

All Our Uncles are Monkeys Day
Evolution Day
National Tie One On Day

NOV. 25

National Parfait Day
Thanksgiving Day

NOV. 26

Black Friday
Buy Nothing Day
Shopping Reminder Day
You're Welcome Day

NOV. 27

Pins and Needles Day

NOV.28

Advent Begins
Chanukah Begins
French Toast Day
Make Your Own Head Day
Red Planet Day

NOV.29

Chia Pet Day
Square Dance Day

NOV. 30

Stay At Home Because You Are Well Day

WEEK EVENTS

Week 1: Chemistry Week

Week 3: Game and Puzzle Week

MONTHLY EVENTS

Aviation History Month

Child safety Protection Month

International Drum Month

National Adoption Awareness Month

National Caregivers Appreciatoin Month

National Diabetes Awareness Month

National Epilepsy Month

National Model Railroad Month

National Novel Writing Month

Native American Heritage Month

Peanut Butter Lovers Month

Real Jewelry Month

Natoinal Sleep Comfort Month

World Vegan Month

UPCOMING

CHURCH EVENTS

Wreath Making 10 a.m. in Frostick Room

Join us at church on November 20 at 10 am in the Frostick room and bring your creativity! We will be making Advent Wreaths or Holiday Wreaths to take home. Cindy Fockler and Leigh will be leading this artsy fun, we hope to see you there!

All supplies will be provided, we just need you!

From your little Library in the corner....

Joyce Rupp draws on her experiences” to help us connect the routine of our lives with a deeper communication in God. She shows that prayer is a dance with the Divine, a joyous and hope-filled experience, an inner dance in which God takes the lead, guiding us through the joys and sorrows of life.” From May I Have This Dance? by Joyce Rupp. ((Brown Dot - Parenting)

“Are you looking for a health plan that is biblically based and scientifically proven? The Maker’s Diet is just that. Using a truly holistic approach to health, this groundbreaking book leads you on a journey that will change your life.” From The Maker’s Diet, by Jordan S. Rubin, N.M.D., Ph.D. (Teal dot – Bible Studies)

“Ye shall be witnesses unto me....” Corrie ten Boom lived her life by these words. During her imprisonment in a WWII concentration camp, in the most dire of circumstances, she made a wonderful discovery: Jesus is the only answer to the problems that disturb the hearts of people and nations.” From In My Father’s House, by Corrie ten Boom.

With cooler weather here, we’ll be spending more time indoors. Don’t forget all of our wonderful games! A great way to share fun & laughter with family and friends!

To check out an item from our Library, simply remove the card, put your name and the date on it, and place it in the basket on the table. There is no time limit, but please remember to return the item when you are finished.

Happy
Birthday

Happy
Anniversary

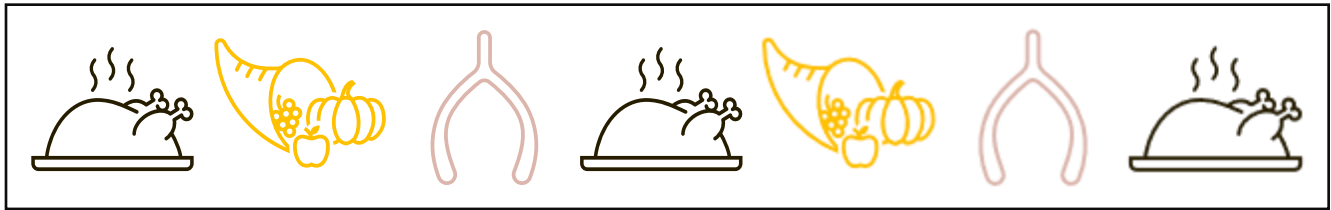
November Birthdays



1stEd McLane
6thAshley Fockler
14thDiane Todd
15thConnor Kinsley
21stEmily O’Connor
27thJeanette Thompson

November Anniversary’s

4th Ed & Bonnie Stone
21st Kirk & Lonnie Smith

Dates to Remember



NOVEMBER 2021						
S	M	T	W	T	F	S
	1	2	3	4	5 World Community Day	6
7 Daylight Savings Time Ends, turn clocks back one hour.	8	9 Sessions 7 P.M.	10	11 Veterans Day 	12	13
14	15	16	17	18	19	20 Wreath Making 10 a.m. in Frostick Room
21 Christ the King Sunday, Communion	22	23	24	25 Thanksgiving Day 	26	27
28. Greening of the Church, First Sunday of Advent.	29	30				

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 7 South Howard
 Croswell, MI 48422
 810-679-3352
Croswellpresbyterian.org

KIDS CORNER

Gobble Gobble Unscramble Fun

How many words can you unscramble before you eat?

CICUNOORPA _____

NRCO _____

RYACEBNRR _____

ETHASRV _____

NFTAUKLH _____

AVYGR _____

CACOWRSER _____

MNSUPPIK _____

ITFFSGUN _____

SPEALP _____

OTEPTAOS _____

GBELBO _____

TINVNGHKASIG _____

EKYUTR _____

ASYM _____

give
thanks!



CHURCH REQUESTS, INFORMATION AND HELP NEEDED

Create a Wreath!

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All supplies will be provided, we just need you!

Daylight Savings Ends on November 7.

REMEMBER:

Set your clocks back one hour.

Easy to Remember saying:

Spring Up

Fall Back

Interested in community and reflection time?

Join us, the 2nd and 4th
Thursdays.

7 pm, First Presbyterian
Church of Croswell.

Fellowship, Snacks, Conversation

7 S. Howard Street
Use the door facing Geiger
Early Learning Center

